

LYNN COUNCIL ON AGING SENIOR CENTER



**October
2013**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

We will miss you...

We lost a dear friend and co-worker, Rose Manzella. Rose was a part of our senior center many years and brought special life and laughter to the day. She had words of wisdom, expressions of kindness, and hugs for all. It was not just a cup of coffee; it was the long story of where her lapel pin came from, who she knew from everywhere and anywhere and always ended with, "so what are we going to do now?" She taught us to dance like none of thought we ever could. We all shimmied and felt important. Her laugh and smile were infectious and her taste and style were magnificent. Once asked, what flavor birthday cake Rose wanted and she replied, "get us all some good pizza with lots of meat". That's Rose!

We'll miss you, Rose.

From Your Mayor

As we usher in fall, our students are back in school, the 90-degree days are gone and the leaves will soon be turning colors.

There are several events coming up that I hope you can take advantage of. We have two performances this month at the Lynn Auditorium, starting on Oct. 17 with Alice Cooper, the pioneer of a grandly theatrical and macabre brand of rock designed to shock. On Oct. 30, the Amazing Kreskin will take to the stage. With a showman's flair, a comedian's wit and the capacities of a mentalist or thought reader, the Amazing Kreskin has wowed audiences for five decades. For more information please call the Box Office at 781-581-2971.

As Halloween approaches, Central Square will celebrate the holiday with its annual Central Scare on Thurs., Oct. 24 at 4 p.m. In collaboration with Lynn Arts, Central Scare is Lynn's annual downtown haunted house. It is truly a community event with organizations throughout the city coming together.


Performances of "Evil Dead: The Musical" will take place at the LynnArts Rantoul Black Box Theatre throughout the month of October, at 8 p.m. Thurs-Sat and 3 p.m. on Sundays. A special Halloween performance will take place on Oct. 31 at 9 p.m.

Lastly, another rite of fall is elections. Regardless of your affiliation, I urge you to remain informed and exercise your right to vote on Nov. 5.

Best wishes,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Daniel P. Hanlon
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Meets 4th
Wednesday
monthly at
1:30 p.m.

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Deb Small
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Virginia Calef

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Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

STAY CONNECTED!

Do YOU need telephone service??



Lifeline is a federal/state program that lets eligible low income consumers receive **landline** home phone service up to \$18 a month, **or wireless** service up to 250 FREE minutes monthly from certain providers. You are eligible for Lifeline if your household income meets requirements or if you receive benefits from certain government programs. There is only ONE Lifeline discount per household.

(Note: This telephone discount program is different from the medical alert system also known as Lifeline.)

Find out today if you qualify for Lifeline! Call the MA Dept. of Telecommunications and Cable at 1-800-392-6066 to find out more.

OCTOBER HAPPENINGS

Trip sign ups begin, Friday September 27th.

Tues, Oct 1 Birthday Karaoke 11:30 a.m. – 1:00 p.m.
Weds, Oct 2 FOOD STAMPS OFFICE HOURS 9:00 a.m. – 1:00 p.m.
note time change-ends at 1pm

Weds, Oct 2 Lunch Trip: Castle Island \$2 10:00 a.m. – 1:30 p.m.
****New travelers only! Reservations for seniors who did not get a chance to go this year.**

Mon, Oct 7 TOPSFIELD FAIR EARLY (Gate A) \$2 + \$8 ticket @gate \$2 9:00 a.m. – 2:30 p.m.
 Leave senior center at 9am-Leave fair at 1:30 pm - approx arrival @ senior center 2:30pm
Limited seats are available.

Mon, Oct 7 TOPSFIELD FAIR LATE (Gate A) \$2 + \$8 ticket @gate 11:00 a.m. – 6:00 p.m.
 Accommodates 3pm show at Grandstand "The Fools"
 Leave senior center at 11am-Leave fair at 5pm - approx arrival @ senior center 6pm
Limited seats are available.

Mon, Oct 7 Senior Center Gamers Group! 2 p.m. -3 p.m.
Tues, Oct 8 Blood Sugar AND Blood Pressure Clinic 8:00 a.m. – 9:30 a.m.

"Lucy Booth" Open! Nurse available for your questions. Large Activity Room
Thurs, Oct 10 Podiatry Appointments 10:00 a.m. – 12:00 p.m.
Thurs, Oct 10 Lunch Trip: Lynn Tech \$2 10:30 a.m. – 1:30 p.m.

Mon, Oct 14 Columbus Day Center is closed

Tues, Oct 15 Casino Trip: FOXWOODS 7:00 a.m. – 6:30 p.m.
 \$25 prepaid reservation Bus leaves promptly at 7 am Need 40 people by Sept 10th

Thurs, Oct 17 Southwick Zoo, Mendon \$2 + \$9.50 8:30 a.m. -2:30 p.m.
 Leave senior center at 8:30 a.m.-leave zoo at 1:30 p.m. Feel free to pack a lunch.

Fri, Oct 18 BROWN BAG: BOSTON FOOD BANK 10:00 a.m. – 12:00 p.m.

Mon, Oct 21 Women's Group Meeting 10 am – 11 am

Mon, Oct 21 Senior Center Gamers Group! 2 p.m. -3 p.m.

Weds, Oct 23 Lunch Trip: Porthole Pub \$2 11:00 a.m. – 1:30 p.m.

Weds, Oct 23 Lynn Council on Aging Board of Director's Meeting 1:30 pm

Mon, Oct 28 Senior Center Gamers Group! 2 p.m. -3 p.m.

Tues, Oct 29 Hearing Clinic 9:00 a.m. – 11:00 a.m.

Tues, Oct 29 Foliage trip: Honey Pot Hill \$2 8:30 a.m. -2:30 p.m.

Lunch on own at Friendly's on return trip

Weds, Oct 30 Trip: Paper Store/ Longhorn Steakhouse \$2 9:30 a.m. – 1pm

Thurs, Oct 31 FRIENDS OF LCOA meeting 10 a.m.

Thurs, Oct 31 Entertainer Kevin Tibbetts! 12 noon

Thurs, Oct 31 Podiatry Appointments 10:00 a.m. – 12:00 p.m.

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OCTOBER 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
	1 Roast turkey/gravy Winter squash Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Bbq tofu	2 Chicken parmesan Penne pasta Broccoli WW bread Pudding ALTERNATIVE Caribbean beef tips	3 Lemon pepper pork Black eyed peas & rice Garden salad/dressing Rye bread ALTERNATIVE Greek salad/pita bread/ hummus	4 Rosemary chicken Corn/red pepper Spinach Fresh fruit ALTERNATIVE Oxtail/sauce
7 Baked fish/diced tomatoes Rice & black beans Italian blend veg. Rye bread Cookie ALTERNATIVE Caribbean chicken	8 Boeuf bourguignon Parsley boiled potatoes Garden salad/dressing WW bread Pudding ALTERNATIVE Pasta & eggplant meat-	9 Roast turkey/mushroom sauce Brown rice Carrots Italian bread Fresh fruit ALTERNATIVE Latin pork	10 Stuffed shells/marinara sauce Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Stewed goat	11 Roast pork/gravy Sour dill potatoes California blend veg. WW bread Fresh fruit ALTERNATIVE WW pizza
14 HOLIDAY	15 Southern style cod filet Rice & beans Garden salad/dressing WW bread Fresh fruit ALTERNATIVE 3-bean chili(vegetarian)	16 Meathall stroganoff Roasted potatoes Carrots WW bread Fresh fruit ALTERNATIVE BBQ pulled pork	17 Hamburger/roll Ketchup/mustard Sweet potato wedges Garden salad/dressing ALTERNATIVE Turkey/citrus sauce	18 Cheese tortellini/meat sauce Italian blend veg. Italian bread Fresh fruit ALTERNATIVE Tripe stew
21 Pork chop/gravy Baked beans Spinach Corn bread Applesauce ALTERNATIVE Salsa chicken	22 Chicken/balsamic citrus sauce Garlic mashed poatto Garden salad/dressing WW bread Pudding ALTERNATIVE Curried tofu/rice & beans	23 Salmon/dill sauce Vegetable rice pilaf Green beans WW bread Fresh fruit ALTERNATIVE Stuffed rigatoni/tomato sauce	24 Beef stew Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Baked tomato chili chicken	25 Turkey Milanese Rice & beans Broccoli Rye bread ALTERNATIVE Chicharon frito(fried pork)
28 Cheese lasagna/tomato sauce Green peas WW bread Fresh fruit ALTERNATIVE Pork chops/gravy	29 BBQ pulled pork Mashed potato Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Creole style baked fish	30 Lemon & garlic chicken Red potatoes Collard greens Rye bread Pudding ALTERNATIVE Curried beef	31 HALLOWEEN SPECIAL Roasted chicken Cranberry & herb stuffing Butternut squash Halloween treat	MENU SUBJECT TO CHANGE WITHOUT NOTICE

ALL MEALS SERVED W/ BREAD AND 1% MILK

Requested Donation is \$2.00 per meal

SENIOR CENTER ACTIVITIES • OCTOBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: INTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-1:30 ESL CLASS	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
12:30-1:30 COMPUTER TUTORING (SPANISH)	12:30-2:30 CRIBBAGE	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	12:30 – 1:30 EXERCISE (SPANISH)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO (NEW TIME)
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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ADAPTIVE

CASINO TRIPS

Departs from Lynn
Senior Center

Casino Trips from Revere
Call for reservations and pick!

Foxwoods \$25

7 am - 6:30 pm
Oct 15th & Nov 19th

Sign up early!!

We must have 40 paid reservations
one week prior to departure date;
otherwise we must cancel the trip.
Sign up in person at the senior cen-
ter. OR Mail in your registration and check.

Casino Trips from **REVERE!** Now Express!!

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**Call Elaine at 781-289-6144 for reservation,
questions, and pick up location/parking.**

Bonus package:

*\$10 food coupon for retail food vendors or
free buffet*

*Plus \$15 bonus slot play added to your re-
wards card on the bus before entering casino.*

Remember to bring your rewards card!



Mohegan Sun \$25

10:00 a.m. - 8:45 p.m.

Oct 8th & 22nd
Nov 12th & 26th

Twin River \$20

10:00 a.m. - 8:10 p.m.

Oct 3rd & 17th
Nov 7th & 21st



Any questions?

Call Elaine 781-289-6144

Call for reservations and pick!

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Oct 2	October Sky	PG	1999	108 min
Oct 9	We Bought A Zoo	PG	2011	126 min
Oct 16	Notorious	NR	1964	102 min
Oct 23	Topaz	NR	1969	143 min
Oct 30	Hitchcock	PG-13	2012	98 min



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE

New Computer Instructors!

Welcome Linda Fera and Maryellen Riley!

Linda and Maryellen bring patience and computer teaching experience to our center. Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are now scheduled for **Fridays**. Each series is five weeks long and costs \$50. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to:

LCOA, 8 Silsbee Street, Lynn, MA 01901.

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7

(Five Week Course)

Class #1

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

Next class: Oct 25th, Nov 1st, Nov 8th, Nov 15th, Nov 22nd

Introduction to Microsoft Word

(Five Week Course)

Class #2

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print.

11:15 a.m. – 12:15 p.m.

Next class: Oct 25th, Nov 1st, Nov 8th, Nov 15th, Nov 22nd

Medicare's Open Enrollment is October 15 – December 7.

Make your SHINE appointment now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2014.

During Medicare's Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

This year, because of the Affordable Care Act, some new programs are being introduced around the same time as Medicare's Open Enrollment. If you are eligible for Medicare, you don't need to be concerned about other "open enrollments."

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact 781-599-0110. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164.



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Place Your Ad

Wellness Watch October 2013

Online support group and a few internet tips

Individuals who have participated in Stanford University on-line or community workshops have an opportunity to participate in a free on-line support group. The workshops are Chronic Disease Self-Management Program (My Life, My Health), Diabetes Self-Management Program, Pain Self-Management Program and Arthritis Self-Management etc. The program was developed by the San Francisco Department of Aging & Adult Services Office and the National Council on Aging.

The goal is to provide a free online support group for graduates of these workshops so that you can practice what you learned, get support from others and share resources through access to the tools for self-management. The trained Discussion Leaders will act as hosts on-line. Currently the program is in English only. For more information or to register go to <http://healthy.living.sfconnected.net>

Tips for using the Internet for health information

There are thousands of health-related websites on the Internet. Some information is reliable. Some is not. Some of the information is current. Some is not. Choosing which website to trust is worth thinking about. As a rule, health websites sponsored by Federal government agencies are good sources of health information. You can reach all Federal websites by visiting www.usa.gov. Large professional organizations and well-known medical schools may also be good sources of health information. Usually these organizations will end their website with .edu or .org.

Places to start.

National Institutes of Health www.nih.gov
Medline Plus www.medlineplus.gov
NIHSeniorHealth www.nihseniorhealth.gov

This *Wellness Watch* was adapted from the brochure *Online Health Information: Can you Trust It?* For more information on evaluating and using websites go to www.nia.nih.gov for the free brochure.

Susan H. Brown Community Education Nurse
GLSS Healthy Living Programs
sbrown@GLSS.net 781-586-8568

Reminder

Diabetes Self-Management Workshop

Date: Tuesdays October 15-November 19, 2013
Time: Tuesdays 10:00am-12:30pm
Location: Metro North Lynn YMCA

For information and to register contact:

Susan H. Brown 781-586-8568 sbrown@glss.net

Sponsored by Greater Lynn Senior Services (GLSS) and Lynn YMCA

Deciduous Trees

E S Z W R W K T T F S M S E S T B M
 D S T I O C A R I R Q Q T L O I I R
 A N N C O L E T A R C W U M I M R G
 H G I M E E L E E I E Y M I L B D T
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 K A A O N Y N S W W F H W X U R N G
 H A U R T P E I S G M N C I Y D E I
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 E C E E A W O O D P E C K E R G T N
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 T Y H C R I B U T V N D I D L G U S
 L E A V E S H N S U W R A L P O P X
 M A P L E Y U W R T O G N I W O R G
 A S P E N T U T I C L U E N D O O W
 S U O U D T C E D K I E A G L O G S

shade

majestic

wood

woodpecker

bark

leaves

seedling

sway

trunk

growing

birch

timber

maple

tire swing

green

logs

elm

branches

insects

majestic

white oak

squirrel

rustle

deciduous

water

bird's nest

wind

buds

soil

stump

hammock

aspen

sunlight

rings

chestnut

poplar

tall

tree house

acorn

willow



Out and About Fun! Lynn Senior Center Trips 2013**Join us!****Sun, Dec 1st – Mon, Dec 2nd****\$230 dbl****\$280 single****\$220 triple*****White Mountain Christmas ~ White Mountain Hotel & Resort, North Conway, NH******2 days/1 night - Includes 3 meals (including a Grand Sunday Brunch), 2 Holiday Shows, Special cocktail prices, Santa visit and a gift. Departs from Lynn Senior Center at 9 am.***

~\$50 deposit holds a reservation ~ Must have 35 reservations ~ Payment Plan: Sign up by April 1st with a \$50 deposit followed by 6 monthly payments of \$30 due on the 1st of every month. Deposit is refundable up to Oct 1st and non-refundable after Oct 1st-no exceptions.

Participants travelling with the Lynn Council on Aging must complete trip registration forms that include emergency contact information. Seniors may register companion travelers aged 21 and over. Please call the senior center to discuss accommodations as some or parts of these trips may not be handicap assessable or conducive to those unable to walk far or handle stairs. LCOA reserves the right to deny a registration based on health reasons that may cause a risk. Remember to obtain a free parking permit for the municipal lot prior to the trip date if you plan on parking at the senior center. Accepting checks (no cash) by mail- 8 Silsbee St- payable to LCOA,

Questions? Call Stacey at 781-586-8503**DeClutters' Workshop and Support Group****What does it mean to De-Clutter?**

Come learn more about the hoarding outreach program available through GLSS and find out information about our upcoming Fall support groups. Join us for information and strategies to start your own de-cluttering process.

September 18th 11:30 a.m.-12:30 p.m.

DeClutters' Support Group:

Is clutter creating chaos in your life and home? Is clutter creating problems with relationships in your life? If you answered yes then you might benefit from joining a 10 week De-Clutterers' Group. There will be two groups held this Fall from October through December, 2013. Wednesdays at the Saugus Senior Center on Thursdays at Greater Lynn Senior Services. Both groups start at 12:30 p.m. As a member of the group you will receive information and support from others and learn strategies for de-cluttering your home and life. Call today for more information please call 781-586-8605 or e-mail lgrant@glss.net by September 12th 2013. You must be pre-screened to participate.

IN LOVING MEMORY

In loving memory of my beloved wife, Dr. Thelma L. Berger

~Dr. Harvey Berger

In honor of a dear friend, Rose Colella

~Sandra Vizena

Thank you for your donation

~Sophie Karampoulis

Thank you for your donation

~Robert Cluney

In loving memory of Rose Manzella

~Alan Piccole & Family—

Susan, wife & Jorge, son

In loving memory of Rose Manzella

~Sandra Piccole & Oliver Cipollini

In loving memory of Rose Manzella

~Helene M. Ahern, FSC



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Person's Name: _____

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WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

October 1st
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

October 8th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

October 29th
9:00 am—11:00 am

PODIATRIST

October 10th & October 31st
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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Capture the Pride!

